

# Dominican Oaks December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>SUAD...Sign Up at Activity Desk PDR...Private Dining Room CHP...Chapel OR...Oaks Room AR...Acom Room LBY...Lobby WC...Wellness Center: Across from D204 CC...Coffee Corner / Assisted Living ALAR... Assisted Living Activity Rm</p>	<p><b>Wellness Center</b> <i>Across from D204</i></p> <p><b>Tuesdays from 1 to 2 PM</b></p> <p><i>Blood Pressure Checks &amp; More Staffed by Stacy Smith-Paynter, RN</i></p>	<p><b>Podiatrist</b> <i>Across from D204</i></p> <p><b>Wednesday Dec. 26th</b> <b>Dr. Mitnick</b></p> <p><u><b>Call 475-7900 to schedule</b></u></p>				<p><b>1</b> <u>SIGN UPS for ACTIVITIES in OR</u> <i>Come between 10:30 &amp; 10:35 for ticket</i></p> <p><b>1:30</b> "First Saturday" Writing Grp /OR 1:30 Table Games/ <u>Outside of B-1 Elev.</u> 1:30 Movie/ALAR "The 2nd Best Exotic Marigold Hotel" <b>1:45</b> BEADING /AR/ SUAD 4:00 Mass/OR 7:15 Movie/OR "Boyhood"</p>
<p><b>2</b> <b>Hanukah begins at Sunset</b> Rides to Church/SUAD 10:15 Qi Gong DVD/OR 1:30—2:15 Movement with Music /OR 2:45 Movie/OR "Boyhood" 3:00 Leave for Cabrillo Symphonic Chorus at Holy Cross Church <i>Previous sign up required/see waiting list</i> 7:15 Movie/OR The 2nd Best Exotic Marigold Hotel"</p>	<p><b>3</b> 9:30 Balance Exercises/OR 10:00 Resident Council /PDR 10:00 Poker /by C1 1:00 Rummikub/ AR 10:30 Blue Planet 2 DVD/OR: One Ocean 1:30 Bible Study/Chp 1:30 Shop Nob Hill &amp; CVS/ SUAD 1:45 Art Class <i>(for those enrolled)</i>/OR 7:00 Games /AR 7:15—9:15 PBS Jazz DVD with Ken Burns #4: Fats Waller, Art Tatum, Armstrong, Ellington.....OR</p>	<p><b>4</b> 8:30 Rides/SUAD 9:30 Exercise with Tony OR 10:30 Qi Gong DVD/OR 1:00 Bridge/OR 1:00 Mah Jong /OR 1:15 Leave for Natural Bridges State Park to see Monarch Butterflies (hopefully) /SUAD 3:30 Rosary for Peace/Chp 6:30 Table Games/ AR 7:15 <i>Arioso Singers</i> /OR A amazing acappella classical choral ensemble!</p>	<p><b>5</b> 8:30 Rides/SUAD 9:30 Balance /OR 10:00 Ping Pong/ Thomas Patio 10:30—11:30 Resident Reading Mentors / <i>Previous Sign up required</i> 11:00 Episcopal Service in Chapel 1:45 Lighting of the Holiday Tree &amp; Chanukiah/ OR <i>Residents &amp; Light Acappella Ensemble Sing</i> 3:15 Knitting &amp; Crocheting /AR 7:00 Bingo/OR</p>	<p><b>6</b> 8:30 Rides /SUAD 9:30 Exercise with Tony/ OR 10:30 DVD/OR "A Taste of Chanukah" 12:30 Table Games /AR 1:45 Tai Chi with Melinda/ OR 4:00—5:30 Happy Hour/OR "NoNette" <i>New vocal &amp; bass duo!</i> 6:50 Leave for Cabrillo Orchestra Concert: Sibelius "Karelia Suite" Finlandia/SUAD 7:30 Games/AR</p>	<p><b>7</b> 9:30 Exercise with Tony/OR 10:00 Poker by C-1 Elevator 10:15 DOGGS/AR <i>Dominican Oaks Guys &amp; Gals Singing</i> 10:30 Meditation /Mindfulness Grp/Chp 10:30 Blue Planet 2 DVD/OR: One Ocean 1:00 Bridge/OR 1:30 Jewish Cultural Club/AR 7:15 —9:16 Musical DVD/ OR "Cats" <i>By resident request</i></p>	<p><b>8</b> 10:15 Qi Gong DVD/ OR 11:00—12:00 Readers &amp; Thinkers/ Acorn Sr. Rina's magazine reading group <i>Previous sign up needed—Contact Sister before for reading material if interested.</i> 1:30 Table Games/ AR 1:30 Movie/ALAR "Nebraska" 2:00 St. John's Catholic Church/OR Vocals &amp; Music: Songs of Holiday Cheer and Singalong 4:00 Mass/OR 7:15 Movie/OR "The Grand Budapest Hotel"</p>
<p><b>9</b> Rides to Church/SUAD 10:15 Qi Gong DVD/OR 1:30—2:15 Movement w Music/OR 2:45 Movie/OR "The Grand Budapest Hotel" 7:15 Movie/ OR "Nebraska"</p>	<p><b>10</b> 9:30 Balance Exercises/OR 10:00 Poker by C-1 10:30 Conversations: <i>Learn what's going on at Dominican Oaks</i>/OR 1:00 Rummikub/AR 1:30 Bible Study/Chp 1:30 Shop Lucky's &amp; Rite Aid SUAD 2:30 Oy Chanukah! <b>Concert with Mark Levy/OR</b> 7:00 Games/AR 7:15—8:45 PBS Jazz DVD with Ken Burns #5: Swing /OR</p>	<p><b>11</b> 8:30 Rides/SUAD 9:30 Exercise with Tony OR 10:30 Qi Gong DVD / OR 11:30 New Resident Luncheon/ PDR 1:00 Bridge/OR 1:00 Mah Jong /OR 3:30 Rosary for Peace /Chp 6:30 Table Games/ AR</p>	<p><b>12</b> 8:30 Rides/SUAD 9:30 Balance Exercises/OR 9:45 Trip to Dollar Tree/ SAUD 10:00 Ping Pong/ Thomas Patio 10:30 Blue Planet 2 DVD/OR: The Deep 3:30 Visit from Girl Scout Troup #11205 : <i>Don't miss them!</i> /OR 3:15 Knitting &amp; Crocheting /AR 7:00 Bingo/OR</p>	<p><b>13</b> 8:30 Rides/SUAD 9:30 Exercise/OR 10:00—11:15 <u>Hearing Aid Check /WC</u> 10:00—11:30 Bookmobile/Lobby 10:30 '2nd Thursday Writing Grp' <u>Acorn</u> 10:30 Celebrating Life during the Holiday Season/OR 12:30 Games /AR 1:45 Holy Cross Students Visit / OR 4:00—5:30 Happy Hour /OR Johnny Fabulous! 7:30 Games/AR</p>	<p><b>14</b> 9:30 Exercise with Tony/OR 9:45 Trip to CAPITOLA MALL/ SUAD 10:00 Poker by C-1 by C-1 Elevator 10:15 DOGGS/ AR 10:30 Meditation /Mindfulness Grp/ Chp 10:30 Blue Planet 2 DVD/OR: The Deep 1:00 Bridge/OR 7:15 Villanelle Sings! /OR <i>A dynamic singing &amp; instrumental grp</i></p>	<p><b>15</b> 10:15 Qi Gong/ OR <i>Wish to attend Jewish services?</i> <i>Contact Activities during the week</i></p> <p>1:30 Table Games /AR 1:30 Movie/ALAR "Philomena" 4:00 Mass/OR 4:30—5:30 Lobby Piano Serenade wBob 7:15 Movie/OR "The Death of Stalin"</p>
<p><b>16</b> Rides to Church/SUAD 10:15 Qi Gong DVD/OR 1:30—2:15 Movement with Music/OR 2:00 Pacific Voices Chorus <i>Previous sign up required/see waiting list</i> 2:45 Movie/ OR "The Death of Stalin" 7:15 Movie/OR "Philomena"</p>	<p><b>17</b> 9:30 Balance Exercises/OR 10:00 Poker 10:30 Sharing Memories /AR 10:30 MOVIE Committee/ AR 1:00 Rummikub/AR 7:00 Games/AR 1:30 Bible Study/ Chp 1:30 Shop Nob Hill &amp; CVS/ SUAD 1:45 Art Class /OR 7:15—9:00 PBS Jazz Doc with Ken Burns #6: Count Basie, Ella Fitzgerald, Billie Holiday / OR 6:30 Holiday Lights Tour/ SUAD</p>	<p><b>18</b> 8:30 Rides/SUAD <b>NO Fitness, Qi Gong, Bridge or Mah Jong in Oaks Room today</b> <b>Staff Holiday Party</b> 1:15 Trip to CAPITOLA MALL/ SUAD 3:30 Rosary/Chp 6:30 Table Games/AR 6:30 Threshold Choir Rehearses/Chp 6:45 Bay Federal Holiday Choir/OR <i>(6:30 Some of the group will also be in Assisted Living Hallways)</i></p>	<p><b>19</b> 8:30 Rides/SUAD 9:30 Balance Exercises/OR 10:00 Ping Pong/ Thomas Patio 10:30 Macular Degeneration Grp Meets/ AR 10:30 Blue Planet 2 DVD/OR Coral Reefs 2:00—2:30 Classical Piano Concert with resident Elaine Strauss/ OR 3:15 Knitting, Etc. /AR 7:00 Bingo/OR</p>	<p><b>20</b> 8:30 Rides /SUAD 9:30 Exercise with Tony/OR 10:30—12:30 Work on YOUR Crafts/ OR 12:30 Table Games /AR 1:45 Tai Chi /OR 4:15 Birthday /New Resident Dinner/DR 7:15 —9:05 Movie/ OR " Goodbye Christopher Robin" <i>By resident request</i> 7:30 Games/AR</p>	<p><b>21</b> <b>Winter Begins</b> 9:30 Exercise with Tony/OR 10:00 Pebble Beach Restaurant/SUAD 10:00 Poker by C-1 10:15 DOGGS/ AR 10:30 Blue Planet 2 DVD/OR Coral Reefs 10:30 Meditation/ Mindfulness /Chp 1:00 Bridge/OR 7:15 Pianist Richard Stauff/ OR Christmas Carol Origins</p>	<p><b>22</b> 10:15 Qi Gong DVD/ OR <i>Wish to attend Jewish services?</i> <i>Contact Activities during the week</i></p> <p>1:30 Table Games/ AR 1:30 Movie/ALAR "Gypsy" 4:00 Mass/OR 12:30 Table Games /AR 7:15 Movie/OR "The Peacemaker"</p>
<p><b>23</b> Rides to Church/SUAD 10:15 Qi Gong DVD/OR 1:30—2:15 Movement with Music/ OR 2:45 Movie/ OR "The Peacemaker" 7:15 Movie/ OR "Gypsy"</p>	<p><b>24</b> 9:30 Balance/OR 9:45 Shop Trader Joe's, Etc. /SUAD 10:00 Poker by C-1 10:30 Blue Planet 2 DVD/OR Big Blue 1:00 Rummikub/AR 1:30 Bible Study/ Chp <b>4:00 MASS/OR</b> 7:00 Games/AR 7:15-8:55 DVD/OR "Christmas Child"</p>	<p><b>25</b> 8—9 Continental Breakfast/OR 11:00 Buffet Starts /Main DR 12:30 Tables Games/ AR 2:30—3:30 DVD /OR "Christmas in Yellowstone" 5—6 Box Dinner (at Front Desk) 6:30 Games/AR 7:15—8:45 Movie/OR "A December Bride" <u>Mass on Christmas EVE at 4:00 in OR</u></p>	<p><b>26</b> 8:30 Rides/SUAD 9:30 Balance Exercises/OR 9:45 Sit or Stroll at Seacliff /SUAD 10:00 Ping Pong/ Thomas Patio 10:30 Blue Planet 2 DVD/OR Big Blue 1:30 WORD WARP/ OR 2:45—5:10 DVD/ OR "Catch Me if You Can" <i>By resident request</i> 3:15 Knitting, Etc/ AR 7:00 Bingo/OR</p>	<p><b>27</b> 8:30 Rides /SUAD 9:30 Exercise /OR 10:30 Nature DVD/OR: "Private Life of Deer" 1:45 Tai Chi/ OR 4:00—5:30 Happy Hour /OR New Group: "Black-Eyed Susies" 7:15 —8:47 Movie/OR Strictly Ballroom" <i>By resident request</i> 7:30 Games/AR</p>	<p><b>28</b> 9:30 Exercise with Tony/OR 10:00 Poker by C-1 Elevator 10:15 DOGGS/ AR 10:30 Meditation/ Mindfulness /Chp 1:00 Bridge/OR 1:30 Jewish Cultural Club/AR 7:15—9:15 Movie/OR "Jean de Florette" <i>By resident request</i> 6:30 Holiday Lights Tour/ SUAD</p>	<p><b>29</b> 10:15 Qi Gong DVD/ OR <i>Wish to attend Jewish services?</i> <i>Contact Activities during the week</i></p> <p>1:30 Table Games/ AR 1:30 Movie/ALAR "42nd Street" 4:00 Mass/OR 12:30 Table Games /AR 7:15 Movie/OR "Bel Canto"</p>
<p><b>30</b> Rides to Church/SUAD 10:15 Qi Gong DVD/ OR 2:45 Movie/OR "Bel Canto" 7:15 Movie/OR "42nd Street"</p>	<p><b>31</b> 9:30 Balance/OR 10:00 Poker by C1 1:15 Bible Study/Chp 1:30 Shop Lucky's / SUAD See fliers when up re: New Year's Eve Dance &amp; Casino Games!</p>					